

Warrior Goddess Healing: A Path to Reclaiming Your Power

Introduction

The feminine wound is a deep, collective pain passed through generations—manifesting as self-doubt, people-pleasing, fear of speaking up, and disconnection from your true essence. The **Warrior Goddess Archetype** offers a path of healing, empowering you to reclaim your voice, strength, and divine authenticity.

This worksheet will guide you through four key pillars of healing: **Awakening Your Inner Warrior**, **Reclaiming Your Authenticity**, **Building Sacred Sisterhood**, and **Transforming Pain into Purpose**.



🛡️ Pillar One: Awakening Your Inner Warrior

The warrior goddess is fierce, resilient, and unwavering in her truth. She fights not with violence, but with wisdom, courage, and self-mastery.

Reflection

- What personal battles have shaped you into the person you are today?
- Where in your life do you hesitate to stand in your power?
- If you embodied a warrior goddess, how would she handle your current challenges?

Action

🔥 **Empowerment Affirmations:** Choose or create an affirmation that ignites your inner warrior. Example: *"I am a force of resilience. My power is unwavering, and my voice is sacred."*

🔥 **Sacred Embodiment:** Stand in front of a mirror in a warrior stance (feet grounded, shoulders back, chin high). Say your affirmation aloud. Notice how it feels in your body.

🔥 **Goddess Shield Exercise:** Draw or describe a "shield" that represents your emotional protection. What symbols, words, or elements empower you?



🌿 Pillar Two: Reclaiming Your Authenticity

Your divine essence has been dimmed by societal expectations, past wounds, and conditioning. It's time to **return to your true self.**

Reflection

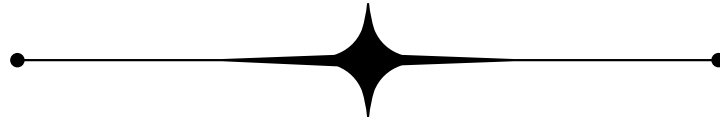
- What parts of yourself have you suppressed to fit in or be accepted?
- If you lived without fear of judgment, how would you express yourself differently?
- When do you feel most alive, radiant, and free?

Action

✦ **Journaling Spell:** Write a letter to your younger self, reminding her of her inherent power and beauty. What does she need to hear?

✦ **Wild Woman Ritual:** Express yourself unapologetically—sing, dance, paint, or dress in a way that feels fully YOU. Release any fears of "too muchness."

✦ **Sacred Reclamation:** Write down a belief about yourself that limits your authenticity. Burn or tear the paper, declaring: *"I release this falsehood and reclaim my truth."*



♥ Pillar Three: Building Sacred Sisterhood

A warrior goddess does not walk alone. Healing happens in community, where women uplift and empower one another.

Reflection

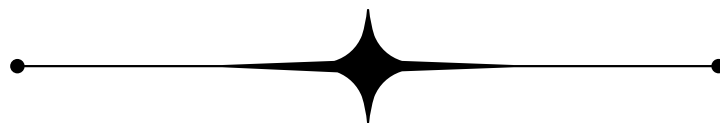
- How has sisterhood (or lack of it) impacted your life?
- What fears or wounds do you hold around trusting other women?
- What kind of supportive sisterhood do you desire?

Action

🌀 **Soul Connection Exercise:** Write down three qualities you seek in soul-aligned sisters. Reflect on where you might find these connections.

🌀 **Gratitude Offering:** Reach out to a woman who has supported you. Send her a voice note, letter, or small gift expressing your appreciation.

🌀 **Gather the Circle:** Organize a small women's gathering (virtual or in-person) where you can share, support, and uplift each other.



🔥 Pillar Four: Transforming Pain into Purpose

Your wounds are not your weakness—they are the **forge of your transformation**. By embracing them, you step into your sacred mission.

Reflection

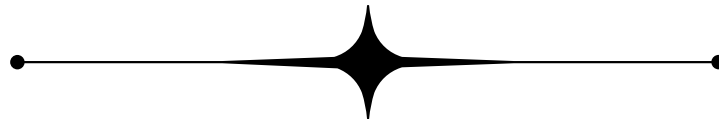
- What challenges or traumas have made you stronger?
- How can you use your experiences to uplift others?
- What does your highest self desire to create in this world?

Action

🌹 **Purpose Statement:** Write one sentence that defines how you will turn your pain into power. Example: *"I transform my past struggles into wisdom that empowers other women."*

🌹 **Service & Legacy:** Identify one way you can use your voice, story, or skills to support others—whether through mentorship, creativity, or advocacy.

🌹 **Fire Release Ritual:** Write down a painful memory that still lingers. Safely burn the paper while affirming: *"I honor this pain, but it no longer defines me. I step forward as a warrior goddess, whole and powerful."*



🌙 Closing Invocation

Place your hands over your heart. Breathe deeply. Whisper:

"I am the untamed, the radiant, the warrior and the goddess. I heal, I rise, I reclaim my power."

You are whole. You are powerful. You are free. 🌟

About Your Teacher

Autumn Blackwood 🌙

Witchfluencer | Spiritual Guide | Founder of [The Untamed Priestess](#)

Autumn Blackwood is a dedicated spiritual guide, witchfluencer, and advocate for feminine empowerment. She is a graduate of the Integrated Healing Arts Practitioner program at the Southwest

Institute of Healing Arts, is a certified Life and Spirit Coach, and holds certifications in meditation and mindfulness facilitation. As an ordained Pagan priestess, Autumn blends modern witchcraft, lunar magic, and spirit work to help others connect with their inner power and spiritual path.

Through The Untamed Priestess, she shares insights into witchcraft, feminine energy, and sacred sexuality, fostering a supportive community for women on their spiritual journeys. Her expertise in spirit keeping and energy work has cultivated a thriving community of seekers looking for meaningful metaphysical relationships.

Autumn also organizes [CT Witch Crawl](#), a month-long celebration of witchcraft and pagan businesses, and curates events that bridge the realms of magic, spirituality, and community connection. She is passionate about education, empowerment, and ethical spiritual practices, offering courses, mentorship, and resources for those looking to embrace their untamed, magical selves.

Find her on [Instagram](#) and [Facebook](#), where she continues to inspire, teach, and uplift others in the world of modern witchcraft.



The Untamed Priestess, LLC